

UPCOMING EVENTS/WORKSHOPS

2014 AARP TAX-AIDE

Free tax help to low and moderate income taxpayers, especially for those 60 years and older. Appointments will be in Lancaster, Platteville, or Boscobel. Please contact the ADRC to schedule your appointment at 1-800-514-0066 or 608-723-6113.

Living Well with Chronic Conditions-Starting again in **March 2014** at Potosi. If you are interested in more information or registering for a class, contact Carol Hughey at 608-723-6113.

Powerful Tools for You: Taking Care of the Caregiver- Stay tuned for 2014 dates. There is no fee but pre-registration is required. Contact Ruth at 1-800-514-0066 or 608-723-6113 to register.

Stepping On: This will be a seven week workshop that offers fall prevention techniques and strength building exercises. The next opportunity will also be held in **April 2014** at Platteville Senior Center, size is limited to 12 participants. There is no charge for this workshop. If you are interested in more information or registering for the class, contact Carol Hughey at 608-723-6113. October 2014 class will be held at the Grant Regional Health Center.

Caregiver Support Group- 2nd Wednesday of each month from 1:00-2:30p.m. at the Fennimore Memorial Building. Contact Ruth at 1-800-514-0066 or 608-723-6113 for more information.